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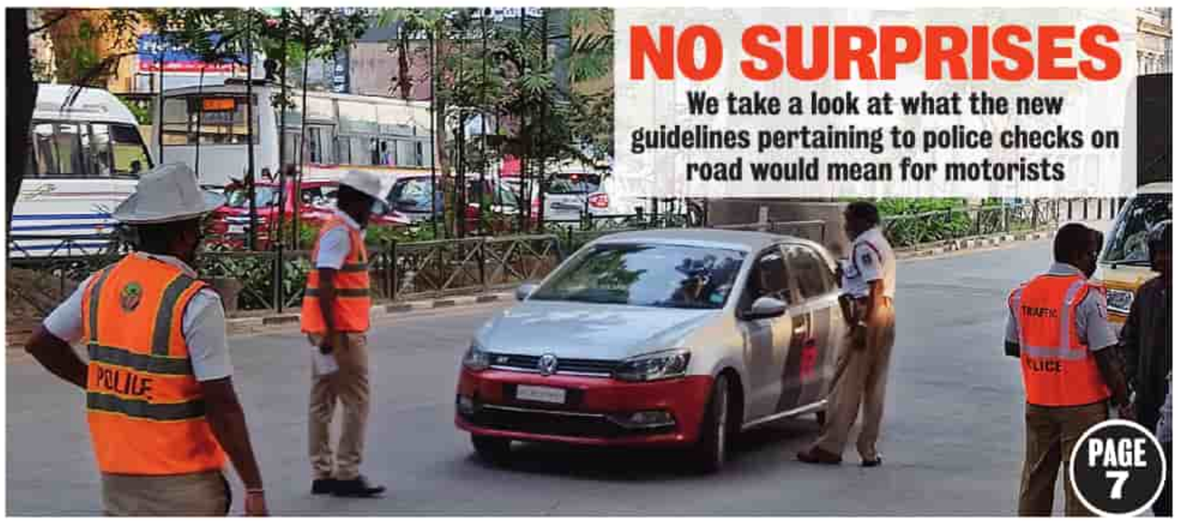
Bangalore Mirror

TEMP Max 29 | Min 20 | Humidity 66% Mostly Cloudy | Sensex 81,451 | Nifty 24,750 | Gold 94,790 | Silver 96,996 | Dollar 85.56 | Euro 97.05 | GBP 115.19

QUIT IT Police file cases after raids at bars, restaurants for allowing customers to smoke on premises

PAGE 5



NO SURPRISES We take a look at what the new guidelines pertaining to police checks on road would mean for motorists

PAGE 7

With 1,183 cases, Bengaluru records 6% spike in hurt-related cases as compared to previous years, pointing to rising aggression, domestic disputes and public altercations

AIN'T NO LOVE IN THE HEART OF THE CITY

5,220 cases of 'simple hurt'; 387 of 'grievous hurt'

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With people hitting each other, trying to run over their antagonists, violence due to rage, especially on the roads, is turning uglier by the day in Bengaluru. The city witnessed a spate of violent incidents recently, with multiple reports of individuals sustaining injuries.

In one case, a man suffered a skull fracture after allegedly being assaulted by a delivery agent. In another, a techie lost his life when a drunk driver rammed into his motorcycle. One such incident left a child with head injuries after a car window was shattered. Additionally, several "cases of hurt" have been registered, including one involving a professor, who was reportedly beaten for objecting to garbage being dumped on the street.

Bengaluru has seen a 6% spike in hurt-related cases compared to 2023 and 2024, statistically showing rising aggression, domestic disputes, and public altercations. According to the latest crime data, the state recorded 5,617 hurt cases, with the

CONTINUED ON PAGE 8 »

PAGE 3 EXPRESSWAY ROBBERY

"People don't know how to process conflict, and unfortunately, violence becomes an outlet. We're surrounded by people on roads, in offices, in cafés yet true connection feels out of reach

— Lakshmi Shashikumar, psychologist

Snail rail

Suburban rail project drags on despite 40-year wait

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The much-anticipated Bengaluru Suburban Railway Project (BSRP), conceived over four decades ago, continues to face delays with little visible progress. Of the four proposed corridors covering 148.17 km, tenders are yet to be called for two, while the other two corridors are crawling along with less than half the work completed.

Though the project was conceptualised in the 1980s and received a formal push in 2022, it is still not operational. A host of issues—including land acquisition hurdles, funding shortages, lack of coordination with the Ministry of Railways, and absence of an experienced implementation team—have severely hampered its progress. Prime Minister Narendra Modi had laid the foundation stone for the project on June 20, 2022, promising to complete in 40 months what had stagnated for 40 years. However, nearly 35 months later, only about 25% of the overall work has been completed.

A key concern remains the lack of a full-time Managing Director for the project. Infrastructure Development Department Secretary N Manjula is currently serving as the interim MD of K-RIDE, the agency responsible for the project. MPs PC Mohan and Tejasvi Surya have urged the state government to appoint a full-time MD without further delay.

Sources said that civil works for the Baiyappanahalli-Chikkabanavara stretch were awarded to L&T in August 2022, but only 30% of the work has been completed so far. Another contract for the Heelalige-Rajanukunte corridor was given to L&T in December 2023, with just 10%

CONTINUED ON PAGE 8 »

THINGS TO DO

01 Stage stories

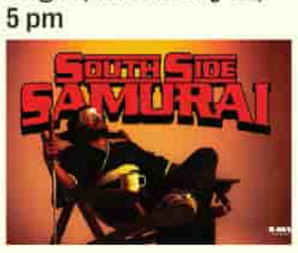
Tanariri Theatres is presenting 'Matsya Avatar', a story of love, survival, and the weight of choices in the face of disaster. **Where: Ranga Shankara, JP Nagar; When: June 20, 7.30 pm**

02 Lost in melody

Taaruk Raina will be performing in his debut tour 'Lost and Found', taking the audience on a captivating journey through his music. **Where: Phoenix Marketcity, Whitefield; When: June 14, 6 pm**

03 Giggles and grins

Nirmal Pillai will be performing in 'South Side Samurai', an hour long stand-up show, where he will be bringing his YouTube persona live on stage. **Where: Good Shepherd Auditorium, Shanthala Nagar; When: July 12, 5 pm**



04 Shopping spree

Bangalore Dastkar Bazaar 2025 is bringing a celebration of culture, rich cuisines, mind-blowing performances, crafts and workshops, delicious food - all under one sky. **Where: Freedom Park, Gandhinagar; When: May 28 to June 3, 11 am to 8 pm**

05 Mouthwatering treats

The Ritz-Carlton is organising 'The Chaat Festival', a celebration of India's beloved street delicacies, elevated through the artistry of their chefs. **Where: The Market, The Ritz-Carlton; When: May 10 to June 10**

School association condemns govt's disciplinary actions

Punitive actions against officials without thorough understanding of systemic issues amounts to misplaced priorities, says association in letter to Chief Minister

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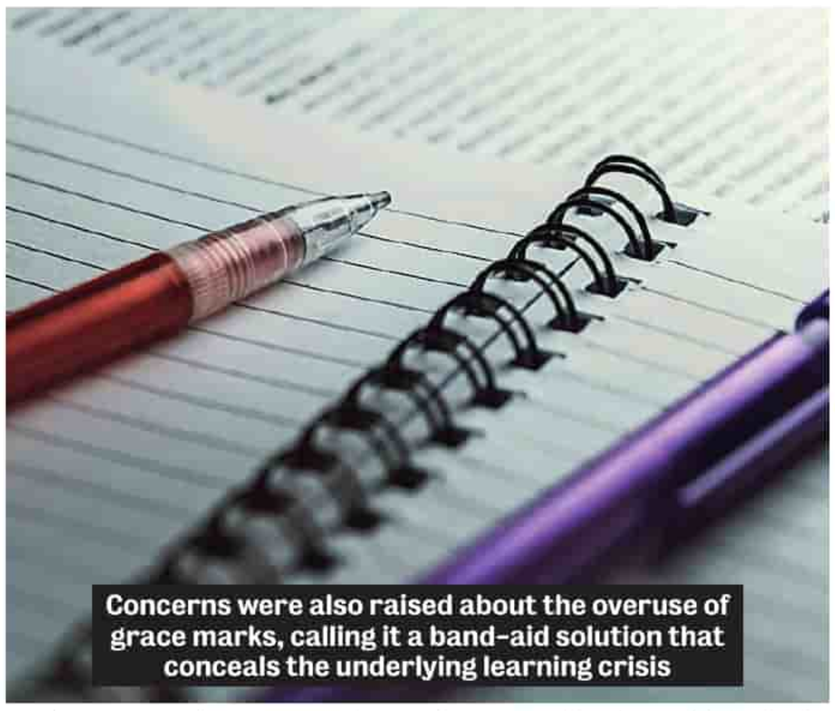
Expressing strong concern and disappointment, the state's school association has written to Chief Minister Siddaramaiah, opposing the recent move to issue notices to District Deputy Directors of Public Instruction (DDPIs) over poor Secondary School Leaving Certificate (SSLC) results in certain districts. Siddaramaiah on Saturday had instructed the Chief Secretary to issue formal notices to the Deputy Directors of Public Instruction (DDPIs) in districts where the SSLC exam results were below 60%. The CM further directed that if the responses to these notices are found unsatisfactory, strict action should be taken against the concerned officials.

In a letter to the CM, the association stated that while accountability is essential, punitive actions against officials without a thorough understanding of systemic issues amount to misplaced priorities. "Issuing notices to DDPIs may appear to be a corrective measure, but it overlooks deep-rooted policy failures and long-standing ground-level challenges," the letter noted.

"We criticise the absence of structured consultation with teachers, school heads, and education experts, despite multiple comparative studies and reports being submitted to the government. We stress that the recent dip in SSLC performance is not a reflection of individual negligence but the result of systemic shortcomings," said Shashi Kumar D, General Secretary of Associated Managements of Primary and Secondary Schools in Karnataka (KAMS) and Convenor of Karnataka Private School Managements, Teaching & Non Teaching Staff Co-ordination Committee (KPMTCC). He said that these include the lack of continuous reforms at foundational levels, the poor implementation of the National Council of Educational Research and Training (NCERT) based spiral curriculum, the failure of the Nali-Kali framework, and the ineffectiveness of District Institutes of Education and Training (DIETs) in providing relevant pedagogical support.

Officials like CRPs, BEOs, and DDPIs, the letter stated, are often overburdened with administrative tasks, leaving little room for academic mentoring. "When the system prioritises showing results over genuine learning, it breeds artificial performance and data manipulation—practices that endanger long-term educational integrity," the association warned.



Concerns were also raised about the overuse of grace marks, calling it a band-aid solution that conceals the underlying learning crisis

They also raised concerns about the overuse of grace marks, calling it a band-aid solution that conceals the underlying learning crisis. Instead, they proposed the introduction of a more meaningful internal assessment system aligned with NCERT methodologies, starting from early grades. Calling the crisis "a systemic challenge, not an individual lapse," the association urged the Chief Minister to halt demoralising disciplinary actions and instead focus on deeper reforms.

Kumar said that there is a need for review of education policy in line with the 2019 Right To Education (RTE) amendment, along with foundational literacy and numeracy (FLN) programmes to revive quality education at the primary level. "There is also a need for creation of an apolitical, consultative platform comprising MLAs from teachers' and graduates' constituencies, education experts, senior officials, and teacher associations to guide long-term education reforms," he said.

Final day of VK Education Fair draws huge crowd

With dedicated help desks, personalised counselling corners, and interactive sessions, wide variety of information and support available was helpful, say students and parents

VK ವಿಜಯಕರ್ನಾಟಕ FAIR 2025 A PREMIER EDUCATIONAL EVENT

The last day of the VK Education Fair turned into a grand success as thousands of students, parents, and educators thronged the venue, making it one of the most well-attended academic expos in the city. Organised by Vijaya Karnataka, the fair brought together top universities, colleges, training institutes, and career counsellors under one roof, offering students a one-stop solution to chart their academic and professional future.

The last day of VK Education Fair witnessed a large number of attendees, including parents and students, seeking guidance

Parents and students alike expressed immense satisfaction with the variety of information and support offered. "I was really confused about which stream to pursue after Class 12," said Ananya S, a student from Jayanagar. "But after speaking to career experts here and getting brochures from top colleges, I feel much more confident now. I think these kinds of fairs should happen every year—it really clears up a lot of doubts," she said.

Many parents said the fair helped them make more informed decisions about their children's futures. "We often rely on relatives or random online searches to decide what's best for our children," said Prakash N, a father who attended the fair with his daughter. "But here, we got first-hand information from college representatives and even had one-on-one sessions with counsellors. It was very reassuring," he said.

Several colleges at the fair reported receiving a high number of inquiries and were pleased with the turnout. "This fair has helped us connect with serious aspirants and their families," said a spokesperson from a leading Bengaluru-based engineering college, adding that events like this bridge the gap between institutions and students in a meaningful way.

What stood out for many was the accessibility and approachability of information. With dedicated help desks, personalised counselling corners, and interactive sessions, the VK Education Fair offered more than just brochures—it delivered direction and clarity.

"The VK Education Fair should become an annual event," said Radhika M, a Class 10 student. "It's helpful not just for students in Class 12, but even for younger students who want to start thinking early about their goals," she said.

As the curtains came down on the final day, the buzz and energy at the venue only underscored one thing—Bengaluru needs more of such informative, interactive, and student-focused platforms. The resounding feedback from attendees made it clear: the VK Education Fair has set a new benchmark, and it must return every year.

— Prakash VL

Woman summoned after assault on auto driver goes viral

The Bellandur police have questioned a woman seen in a viral video hitting an autorickshaw driver with her footwear following an altercation near Centro Mall.

The woman, identified as 28-year-old Pankhuri Mishra gave her statement on Sunday morning and gave her statement. According to her statement, her husband and she were returning from a hospital visit on a two-wheeler when an autorickshaw brushed against them. She claimed the driver behaved inappropriately, which led her to react the way she did.

The driver, 33-year-old Lokesh, alleged that he was assaulted and verbally abused by the couple after they accused him of causing a minor collision. A video of the incident, in which Mishra is seen hitting the driver while he continues to film, has gone viral. **BMB**

Major fire breaks out in automobile shop

A major fire broke out in an automobile supply shop on JC Road late Saturday night, causing damage to nearby establishments. The incident was reported around 9 pm, and the fire was brought under control after several hours of intense firefighting.

KAUSHIK JN

The blaze originated in a shop dealing with grease, oil, and bearings, highly flammable materials that reportedly accelerated the fire's spread. Preliminary investigations suggest a short circuit may have triggered the fire.

Shops adjacent to the origin point, including a CNG outlet, an air-conditioning service centre, and tyre shops, were also affected. The fire resulted in damages estimated to be in lakhs of rupees.

Firefighters managed to contain the blaze by midnight. As a precaution, a fire vehicle was stationed at the scene with personnel monitoring the site to prevent any possible reignition. Fortunately, no injuries or casualties were reported.

Further investigation is underway to confirm the cause and assess the full extent of the damage. **BMB**

BMTC driver booked for attempting to run over woman

The Cubbon Park police have registered a case against a BMTC bus driver, who allegedly attempted to run over a woman following a road rage incident on Kasturba Road, barely a few metres from the police station.

The incident took place on May 23, when the woman, who was driving a car near the BMTC bus, got into a heated argument with the driver. She stopped her vehicle in the middle of the road and confronted him, but in a shocking turn, the driver allegedly tried to run her over. She managed to escape in the nick of time.

The entire episode was caught on the bus's dashcam. Based on her complaint, Cubbon Park police have booked the driver for rash and negligent driving.

Transport Minister R Ramalinga Reddy responded to the incident, stating that strict action would be taken against the driver for his aggressive and unacceptable behaviour. **BMB**

Car window smashed, Rs 11.5 lakh looted

Unidentified miscreants made away with Rs 11.5 lakh after smashing a car window in Nelamangala Town around 1.45 pm on Saturday near Ambedkar Bhavan.

The victim, Atiq Ahmed, a resident of Islampur in Nelamangala, had just withdrawn the cash from a bank in Dabaspet on the instructions of his brother, who runs a logistics firm there. After withdrawing the money, Ahmed headed home but made a stop near Ambedkar Bhavan to get a mixer repaired.

It was during this brief stop that the thieves struck, breaking into the parked car and fleeing with the cash. The theft came to light when Ahmed returned and found the window shattered and the money missing.

A complaint has been lodged at the Nelamangala Town Police Station. Police have registered a case and are currently reviewing CCTV footage from nearby areas to trace the culprits. **BMB**

Highway heist: Rocks, ruse, & dashcam

Dashcam footage reveals robbers placing stones on expressway to cause accidents to loot travellers, prompting calls for better lighting, surveillance

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A commuter's dashcam footage on the Bangalore-Chennai Expressway has revealed a suspected robbery tactic: Stones placed on the road to cause accidents and loot travellers. The footage reveals masked men emerging after crashes to loot valuables, exposing their modus operandi on the expressway.

Two miscreants have allegedly been placing large stones on the expressway, around bends or poorly lit stretches with low visibility. These obstacles, hidden from view until it's too late, have caused vehicles to crash or suffer tyre bursts. As dazed drivers try to recover, the perpetrators move in, steal, and flee.

The dashcam of this recording surfaced recently. The commuter said, "After analysing the footate, I realised something was suspicious. There were two individuals on the opposite side of the road, appearing as if they were on a casual car trip, squatting near the guardrail and observing the scene. In the footage, one of them can be seen pulling out what looks like a rod or pipe from behind him. As I stepped onto the road and snarled in reaction, they too got up and moved toward the road. On reviewing the footage, I also noticed several stones and bricks scattered along the roadside. This raises suspicion that such objects are deliberately placed to cause accidents, providing the miscreants a chance to steal valuables from the vehicles."

According to sources, at least five accidents have occurred over the past month on the same stretch. The commuter has filed a complaint regarding a recent incident to the Director General and Inspector General of Police (DG&IGP) MA Saleem.

The Bengaluru-Chennai Expressway, South India's longest, spanning 71 km, links three states. Commuters are now being urged to stay cautious and to report any suspicious activity. The police have requested NHAI to improve lighting and install more surveillance cameras along vulnerable patches.

Another commuter told BM that within 24 hours, four accidents occurred on the road and two people died on the spot. "I posted about this on social media, and received a few messages from people saying they've experienced similar incidents. I've filed complaints with the DGP, Highway Authority, and Transport Department," he said. He expressed worry that as the expressway hasn't been officially opened, there's no patrolling, no ambulance service, and no CCTV surveillance here. "We request immediate police action and that those behind these incidents be nabbed soon."

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Encroachments out, progress in

The Hosakerehalli Junction flyover is one of several long-delayed infrastructure projects in the city, currently progressing slowly despite pressing commuter needs. BBMP Chief Commissioner Maheshwar Rao has now issued a firm directive to complete the ongoing flyover construction at Hosakerehalli Junction within three months. During a recent inspection of development projects in the Rajarajeshwari Nagar Zone, he visited the site near PES College on Outer Ring Road and instructed officials to expedite the work and meet the three-month deadline.

The 500-metre-long flyover is approximately 75% complete, with down-ramp construction underway. A proposal for widening the adjacent service road has also been submitted. Rao emphasised quick completion of land acquisition formalities and urged coordination with Bengaluru City Traffic Police to ensure smooth progress.

Inspection at Nayandahalli Junction

At Nayandahalli Junction, the Chief Commissioner observed unauthorised encroachments and accumulation of waste obstructing pedestrian pathways along the service road. He ordered immediate clearance of these obstructions and unauthorised parking under the flyover to facilitate better traffic flow. He also reviewed plans for an additional bridge vent near the Vrishabhavathi Valley bridge, funded by the World Bank, directing officials to initiate the tender process promptly once funds are released, with an emphasis on timely completion. Officials were further instructed to clear silt from stormwater drains and beautify vacant BBMP land near the drains to ensure proper drainage and enhance the area's appearance. — BMB

Indiranagar basketball stadium construction hits roadblock

Allowing BBMP to proceed with its work could serve as excuse to dismiss reconsideration of proposal and overlook residents' grievances, observes HC

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The High Court, while hearing a petition from Indiranagar 1st Stage League Residents Welfare Association, granted an interim stay on the construction of the indoor basketball stadium in Indiranagar till the next date of hearing scheduled on June 10.

The High Court issued a notice to authorities on Thursday, instructing a halt on construction work. "It is directed that the construction work in pursuance of work order dated March 21, 2025, shall not take place till next date of hearing," the notice read. Notably, despite resistance from the residents of Indiranagar 1st Stage, Bruhat Bengaluru Mahanagara Palike (BBMP) authorities had commenced the construction of the basketball stadium at Victory Grounds.

It is said that the High Court, while hearing the petition, observed that the construction of a roof may be restrictive. Additionally, it noted that allowing BBMP to proceed with its work could serve as an excuse to dismiss reconsideration of the proposal and overlook residents' grievances. Recently, BBMP authorities conducted a groundbreaking ceremony for the commencement of construction of the basketball court, while allegedly blocking residents from entering the premises. It is said that the authorities also availed police protection for the programme.

Despite resistance from residents of Indiranagar 1st Stage, Bruhat Bengaluru Mahanagara Palike (BBMP) authorities had commenced the construction of the indoor basketball stadium at Victory Grounds

Recently, BBMP authorities conducted a groundbreaking ceremony for the commencement of construction of the basketball court, while allegedly blocking residents from entering the premises

Bangalore Mirror published a story on May 5, 2025, narrating how the residents were worried that the proposed basketball stadium would limit the public use of the playground

Bangalore Mirror published a story 'Indiranagar residents oppose basketball stadium project' on May 5, 2025, narrating how the residents were worried that the proposed basketball stadium would limit the public use of the playground. The residents also alleged that the authorities commenced the construction work without conducting any public discussion or consultation. The basketball court, situated on Victory Grounds, is being managed by a private organisation affiliated to Karnataka State Basketball Association (KSBA). KSBA President K Govindaraj said that the proposed basketball stadium would be constructed with an estimated cost of Rs 6 crore.

Sneha Nandihal of I Change Indiranagar noted that as per the Detailed Project Report (DPR), the proposed basketball stadium needs more space than the existing basketball court. "I suspect that the BBMP authorities may demolish the structure that is accommodating Namma Clinic to facilitate the construction of the basketball stadium," she said.

A similar proposal in 2017 to convert the basketball court into an indoor stadium was cancelled when the residents availed a stay order from High Court. It is said that the Karnataka State Human Rights Commission had also heavily criticised the proposal, stating that it was a restriction on public access to open spaces.

Demand for Bettahalasur Metro Station

Farmer leaders from Bettahalasur village on Saturday submitted a memorandum to Union Minister Shobha Karandlaje, urging the government to sanction a metro station for their village. The delegation, led by MLC Gopinath Reddy, included Karnataka State Farmers' Association Bettahalasuru Secretary Nanjundappa, senior leader Shivraj, and other local farmers. They collectively appealed for the inclusion of Bettahalasuru in the Namma Metro route plan. Speaking on the occasion, Nanjundappa said that establishing a metro station at Bettahalasur would benefit over 1.5 lakh residents in and around the surrounding villages. "It would greatly help daily commuters, including students and employees who regularly travel to Bengaluru city and nearby areas," he said. Farmer leaders Shivraj Hiriyal and Benki Narayana warned that if the demand for a metro station at Bettahalasur is not met, they will be forced to launch an intense agitation. — BMB

BBMP collects over ₹2,400 cr in property tax

The Bruhat Bengaluru Mahanagara Palike (BBMP) has collected Rs 2,424.93 crore in property tax during the first two months of the current financial year. The 5% rebate on property tax, which was offered as an incentive to taxpayers, ended on May 31, and property owners took full advantage of this concession. This year, BBMP introduced a new waste management user fee alongside the property tax, which has contributed to a significant increase in overall tax collections. The civic body aims to collect approximately Rs 700 crore from this waste management user fee.

By the end of April 2025, BBMP had already collected around Rs 1,200 crore in property tax. This collection continued into May, surpassing the previous month's figure slightly. Officials from the BBMP's revenue department expect the total collections to rise further by the end of May. An official said that BBMP has set an ambitious target of Rs 5,100 crore in total tax collections. "This includes Rs 836.34 crore pending from about 3.75 lakh defaulters and a revised tax of Rs 152.80 crore on 9,904 properties. Alongside, the revenue from waste management user fees is estimated to reach around Rs 700 crore," the official said.

As of May 30, property tax collections stood at Rs 598.51 crore in Mahadevapura, Rs 455.06 crore in the East Zone, Rs 391.96 crore in the South Zone, Rs 270.36 crore in the West Zone, Rs 258.63 crore in Bommanahalli, Rs 197.97 crore in Yelahanka, Rs 175.27 crore in RR Nagar, and Rs 77.17 crore in Dasarahalli. — BMB

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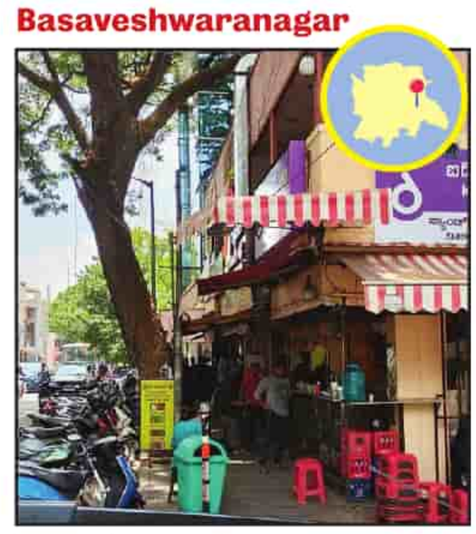
◎ Health hazard

Nallurahalli

An open stormwater drain along Nallurahalli Road has become a health hazard, with garbage piling up unchecked. The foul smell adds to the residents' woes, and more distressingly, cows can be seen feeding on plastic waste strewn across the area.

◎ Encroached footpath

Basaveshwaranagar



Footpaths near Chord Road Hospital in Basaveshwaranagar have been encroached by roadside cafeterias, forcing pedestrians to walk on the road and creating potential safety risks, especially for senior citizens and children.

◎ Damaged road

Kempapura

The main road in Kempapura is riddled with potholes, posing a danger to motorists and slowing down traffic. Residents complain that repeated requests for repairs have gone unanswered.

KSRTC bus pass from today

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The Karnataka State Road Transport Corporation (KSRTC) will begin distributing student bus passes for the academic year 2025–26 from Monday for students of pre-university colleges and other institutions. Applications can be submitted online via the Seva Sindhu portal starting May 31 without any fee. Students can also apply through Karnataka One, Grama One, or Bengaluru One centres, where a service charge of ₹30 will be applicable. The required declaration form for the pass can be downloaded from the KSRTC software or official website. While submitting the application, students must select a convenient pass counter, and they will receive the counter address via SMS. Pass fees can be paid through cash, credit/debit card, or UPI. Under the Shakti scheme, the state government provides free bus travel for women within Karnataka, which extends to girl students as well. However, girls residing in border areas and studying either in Karnataka or in neighbouring states are eligible only for concessional passes on interstate routes. The pass fare for primary school students is ₹150, while high school boys will pay ₹750 and girls ₹550. College and diploma students will be charged ₹1,050, evening college and PhD students ₹1,310, and those in professional courses ₹1,550. A nominal processing fee of ₹10 to ₹12 applies across categories.

Body in suitcase: 16-year-old was killed by lover

The Nawada Police in Bihar on Sunday claimed to have solved the murder mystery of a 16-year-old girl from Hisua, Bihar, whose body was found stuffed in a blue trolley bag near Chandapura Railway Station in Bengaluru.

The victim, Riya Kumari, was reported missing on May 15 and was murdered on May 20.

The investigation led to the arrest of seven individuals, including Riya's boyfriend, Ashik Kumar, who was identified as the main suspect.

Police say Ashik, who is already married with two children, brutally murdered Riya and then, with the help of six others, disposed of her body to cover up the crime. Acting on intelligence, police surrounded Rahul Nagar village in the Hisua police station area and apprehended all seven accused.

According to the police, the murder took place on May 20, when Riya's aunt and uncle were away at work.

During interrogation, Ashik confessed to killing Riya by slamming her to the ground, sitting on her chest, and strangling her. Ashik also smashed her head on the floor, which broke her neck and caused her death.

Following the murder, Ashik called his friends to the room and falsely claimed that Riya had taken her own life. His uncle advised hiding the body, and to mislead authorities, they broke the windowpane from inside the house to make it appear as though someone had seen the body from outside.

They then packed Riya's body into a blue trolley bag, booked a cab, and drove to a deserted area near Chandapura Railway Station. Though the driver grew suspicious, he was bribed and sent away. The body was dumped near the railway tracks and recovered the next morning by the Surya Nagar Police.

–IANS

Kick the butt or... city police will make you

Bars, restaurants, including one owned by Kohli, raided; cases filed for allowing customers to smoke on premises

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TWEETS @BangaloreMirror

Multiple establishments in the city were fined during recent surprise inspections

As part of a special drive to enforce the Cigarettes and Other Tobacco Products Act (COTPA), the Bengaluru City Police have intensified raids across the city, targeting bars, restaurants, and commercial spaces violating public smoking norms.

In a recent operation led by Cubbon Park police, five establishments were booked, including One8 Commune on Kasturba Road, co-owned by cricketer Virat Kohli, for allowing customers to smoke on the premises. This is the second time the restaurant has faced action, the first being in July last year for operating beyond permissible hours.

Police Sub-Inspector Ashwini G led the surprise inspection based on a tip-off and registered cases against the staff and management of One8 Commune, Flow Restaurant, Cocos Bar, Social on Church Street, and Spirit Bar on Lavelle Road. The cases have been filed under Sections 4 and 21 of the COTPA Act, which prohibit smoking in public places and prescribe penalties for violations.

Alongside enforcement, awareness drives have also been ramped up. Shopkeepers are being warned to obtain licences from the BBMP before selling tobacco products and not to sell loose cigarettes or to minors.

Multiple establishments, including restaurants, bars, and commercial spaces, were fined during surprise inspections conducted as part of the ongoing special drive. Similarly, during an operation last Saturday in Whitefield, police along with the HAL Police Station penalised violators, collecting fines amounting to Rs. 5,300 and seizing tobacco products worth nearly Rs. 3,000.

> **As part of the initiative, selected college students will assist the police in spreading awareness on drug abuse, cybercrime, and violations under the COTPA Acts** –Source

Police Marshals lead awareness push

Supporting these efforts, the City Police, in collaboration with Aarohan Foundation, have introduced Police Marshals, a unique initiative that trains over 9,000 college students across 94 institutions to raise awareness on drug abuse, cybercrime, and COTPA violations.

These students engage in street plays, flash mobs, school visits, and presentations, acting as peer educators and community ambassadors. While they do not engage in policing, their role is crucial in bridging the gap between the public and law enforcement and spreading informed awareness across the city.

The ongoing special drive will continue until June 2, with police planning raids and surprise checks at various locations based on tip-offs and other intelligence inputs, sources said. A meeting was held with senior police officials to coordinate the crackdown, during which the 'Police Marshal' initiative was also introduced. As part of the programme, selected college students will assist the police in spreading awareness on drug abuse, cybercrime, and violations under the COTPA Act, sources added.

Dry spell for a week in Interior K'taka

Beginning Sunday, most parts of Karnataka—excluding the coastal districts—are likely to experience a week-long dry spell, according to the Indian Meteorological Department (IMD). Only light to moderate rainfall is expected in interior regions. On Saturday, a break in the rains brought some relief to farmers across the state. If the current weather trend continues for another week as predicted, agricultural activities like sowing are expected to pick up pace.

Earlier, heavy pre-monsoon and early monsoon showers had made it difficult for farmers to prepare the land and begin sowing operations. However, the upcoming dry spell is likely to offer a favourable window for such activities. In the coastal belt, the IMD has issued a Yellow Alert for specific days: Dakshina Kannada district on June 1 and 2, and Udupi and Uttara Kannada districts on June 3 and 4. Between June 1 and 7, light to moderate rainfall is expected in both northern and southern interior districts of the state. Meanwhile, the pre-monsoon showers recorded in May in Dakshina Kannada and Udupi districts have set new records, surpassing average rainfall levels typically expected during this season. Among all districts, Udupi has recorded the highest rainfall so far this year.

–BMB

CM calls for a drug-free state

Chief Minister Siddaramaiah on Saturday stressed that drugs must be curbed in Bengaluru and Mangaluru and said that the number of cases has gone down from 6,723 in 2024 to 4,188 in 2025.

The Chief Minister further informed that the number of drug-related cases in the state saw a decline this year, adding that legal amendments are being considered to strengthen action against drug offences.

CM Siddaramaiah told reporters, "Drugs must be curbed in Bengaluru and Mangaluru. Instructions have been given to officials to prevent it. In 2024, there were 6,723 cases. In 2025, the number of cases decreased to 4,188. Karnataka should become a drug-free state. We are also considering legal amendments. I have also spoken about online betting. Regarding preventing online betting, we'll see whether a new law is required and how to implement it. Instructions have been given regarding action at the level of drug peddlers."

Highlighting the government's administrative initiatives, CM Siddaramaiah stated that the state government has allocated necessary funds for the construction of Praja Soudhas and it would be constructed within two years.

–ANI

NOTES FROM THE FIELD

Governor gets stuck in lift

Governor Thawar Chand Gehlot found himself temporarily trapped inside a lift at the Karnataka State Open University campus on Saturday. The occasion? The grand opening of the shiny new 'Indian Institute of Future Skills' centre. The Governor and a bunch of dignitaries hopped into a lift to head up to the first floor for the inauguration. When more than a dozen people squeezed into a lift designed for just seven! Instead of soaring upwards, the overloaded lift decided to take an unexpected detour… down to the basement! The Governor's security team rushed to the basement; thankfully, the on-site technical team swung into action and managed to fix the lift in a matter of minutes. Once freed, the Governor climbed the stairs to the first floor, completed the ceremony, and later took the lift back down—this time, hopefully, with fewer passengers and no surprise basement visits.

CM's sharp 30-minute entry leaves officials scrambling!

During the recent DC and CEO meeting, there was a 30-minute lunch break. Officials and ministers were all set up in the banquet hall, relaxing and enjoying their meals, assuming the CM had gone home for lunch and would take his sweet time returning. But surprise, surprise! The CM wrapped up his lunch and made a sharp, right-on-time entrance at exactly the 30-minute mark in the conference hall. Chief Secretary Shalini Rajneesh welcomed the CM and cheekily reassured, "Sir, the officials are still at lunch, but they'll be here soon." When news spread that the CM had arrived on time, the officials and ministers in the banquet hall suddenly scrambled like it was a race, rushing back to the meeting in a mad dash! Earlier, while deciding on the lunch break, Chief Secretary Shalini Rajneesh had suggested giving 45 minutes, but the CM insisted, "Half an hour is enough." True to his word, the CM arrived right on time, leaving the officials and ministers scrambling and caught off guard!

No need to change Mysore Pak's name!

The famous Mysore Pak has absolutely no connection to Pakistan, and that's why its name should stay as is, said MP Yaduveer Wadiyar. Recently, there was news from western states regarding a change in the names of Mysore pak as the second name was 'Pak' and the customers were taking exception to it. "Mysore Pak has a long history. The word 'Pak' actually comes from Sanskrit and means 'sweet.' So just because it sounds like 'Pak' from Pakistan doesn't mean we should change the name. If we start changing names for every such reason, then how many names will we have to alter? That's just not practical right now!" said Wadiyar. So, don't worry—Mysore Pak's name is here to stay, sweet and proud!

Government's duty to provide education

Chief Minister Siddaramaiah said that talent isn't owned by anyone, when opportunity knocks, everyone's hidden talent comes alive. Speaking at a special program organised by the Education Department marking the start of the new school year, he honoured talented students, inspected classrooms, and shared his thoughts on stage. "Education is the government's duty to provide to all. It's not just about knowledge; it shapes personality. Everyone must get educated — that's how self-respect grows and we become assets to society," he said.

Let BJP keep its 'gems' to themselves

When asked about the expulsion of MLAs ST Somashekar and Shivaram Hebbar, Deputy CM DK Shivakumar didn't hold back. "That's BJP's internal drama. Neither Somashekar nor Hebbar did anything shady in Vidhana Soudha. They didn't even hatch a plan to infect opposition leaders with AIDS! Meanwhile, BJP stays silent on those who tried to trap Yediyurappa. I expected them to act against people accused of serious crimes like rape. Is this what BJP calls 'culture'? Well, let them keep their so-called 'gems' all to themselves!" he said.

— Sridhar Vivan

Trouble spews for Kamal Haasan's new film

A pro-Kannada organisation, Karnataka Rakshana Vedike, attempted to lay siege to the theatre in Kamakshipalya, Bengaluru, to restrict the release of Kamal Haasan's 'Thug Life' on Sunday.

Praveen Shetty of the Karnataka Rakshana Vedike warned the owners of Victory Cinema Theatre in Kamakshipalya, Bengaluru, not to release Kamal Haasan's 'Thug Life', alleging that the actor has made inappropriate remarks about the Kannada language. The move by the Karnataka Rakshana Vedike came after the actor reportedly stated that "Kannada is born out of Tamil" during a promotional event in Chennai. This led to several protests by the pro-Kannada organisations, and the ban by the Karnataka Film Chamber of Commerce (KFCC) over the release of the movie 'Thug Life'.

While speaking with ANI, Praveen Shetty said, "Kamal Haasan has spoken against the Kannada language. We will not allow Kamal Haasan's film to be released in Karnataka. They said that the film will be released at the Victory Cinema. In this context, we came here today and told the theatre owners not to release Kamal Haasan's film. Kamal Haasan's film should not be released

in Karnataka. If the film is released, the government will be held responsible for any untoward incidents that follow."

On Wednesday, Karnataka Chief Minister Siddaramaiah criticised Kamal Haasan for his reported remark about the Kannada language, stating that he was not aware of the "long-standing" history of the language. "Kannada has a long-standing history. Poor Kamal Haasan, he is unaware of it," the Chief Minister said.

Speaking to media personnel outside the DMK party headquarters in Chennai, Haasan said, "It is a democracy. I believe in law and justice. My love for Karnataka, Andhra Pradesh, and Kerala is true. Nobody will suspect it except for those who have an agenda. I've been threatened earlier too, and if I am wrong, I would apologise, if I'm not, I won't."

—ANI

Cycling enthusiasts unite for Pedaluru

To promote cycling in the city, over 500 cycling enthusiasts — from as young as 5-year-olds to senior citizens aged 70 — participated in Pedaluru 2025, held in the heart of Bengaluru on Sunday morning. Flagged off at 6 am from the Karnataka State Hockey Stadium in Shantinagar, the event saw riders completing a 9-kilometre loop through the Central Business District (CBD), reaching up to Vidhana Soudha before returning to the stadium. The ride concluded by 9 am. Organised under the banner of the Fit India Movement by the Ministry of Youth Affairs and Sports, Pedaluru 2025 marked the 25th edition of Cycling Sundays, and was held in collaboration with the citizen-led initiative 'Pedaluru'. This edition was themed 'Tiranga Rally', honouring India's armed forces. Participants were handed small national flags in tribute to the soldiers who safeguard the nation's borders and freedom. **— BMB**

Health insurance for house helps to be launched

With an objective to ensure health insurance for poor people, Narayana Hrudayalaya is planning to launch health insurance for maids in Bengaluru.

Dr Devi Prasad Shetty, Founder Chairman of Narayana Health, said that Narayana Hrudayalaya is part of the Yeshasvini Health Insurance Scheme aimed at providing healthcare for cooperative society farmers. "Now, the government has given permission to Narayana Hrudayalaya to introduce health insurance for poor people. As a pilot, we want to provide health insurance to around 5,000 maids in Bengaluru," said Dr Shetty.

Speaking at the 25th anniversary celebrations of Ashraya Hastha Trust on Saturday, Dr Shetty said that many patients do not have the resources to undergo surgeries. "The proposed health insurance will have Rs 1 crore health cover. Each maid has to pay Rs 8500 towards health insurance premium. The health insurance will be for the maid's whole family," he said.

— Y Maheswara Reddy

BM Finance Fundas

Deadline extended for UAN activation for EPFO's ELI Scheme

The Employees' Provident Fund Organisation (EPFO) has extended the deadline for UAN activation and seeding of your bank account with Aadhaar for availing of the benefits under the Employment Linked Incentive (ELI) Scheme. UAN stands for Universal Account Number. The UAN helps Employee Provident Fund (EPF) members to track different EPF account numbers with different organisations with the help of a single UAN.

New deadline

The last date to activate UAN and Aadhaar seeding in bank accounts is June 30, 2025. The deadline has been extended multiple times earlier.

"Please refer to the circulars mentioned under references. In this connection, the competent authority has granted an extension of timeline for UAN Activation and AADHAAR seeding in bank accounts till 30th June, 2025, " read the EPFO circular issued on May 30, 2025.

What is UAN?

The UAN is a 12-digit number assigned by the Employees' Provident Fund Organisation to every eligible salaried employee. It serves as a single point of access for managing their PF accounts across different employers throughout their career, enabling them to track and access their provident fund balances under one umbrella number.

According to a Press Information Bureau (PIB) release on November 21, 2024, employees can complete the UAN activation process using an Aadhaar-based OTP (One-Time Password). Here are some simple steps for employees to activate their UAN to avail ELI scheme benefits:

Step 1: Go to the EPFO Member Portal.
Step 2: Click on the "Activate UAN" link under "Important Links"
Step 3: Enter UAN, Aadhaar number, name, DOB, and Aadhaar-linked mobile number.
Step 4: Employees should ensure their mobile number is Aadhaar-linked to access the full range of EPFO's digital services
Step 5: Agree to Aadhaar OTP verification.
Step 6: Click "Get Authorisation PIN" to receive an OTP on your Aadhaar-linked mobile number.
Step 7: Enter the OTP to complete the activation

A password will be sent to your registered mobile number upon successful activation.

Once the UAN is activated, employees can easily access EPFO's wide range of online services, such as managing their PF accounts, viewing and downloading PF passbooks, submitting online claims for advances, withdrawals, or transfers, updating personal information, and real-time claim monitoring.

Why must employees do this?

Activation of UAN and seeding of an Aadhaar to a bank account is a must for employees who wish to claim the monetary benefits of the Employment Linked Incentive (ELI) scheme, which is administered through EPFO. This mandatory exercise needs to be completed, if you want to get the benefits of the ELI scheme. Finance Minister Nirmala Sitharaman announced this new scheme during the Union Budget 2024 in July, and there are three types of ELI schemes (A, B, and C).

— ET Online

BM SIMPLY PUT

Today we look at what new guidelines mean for vehicle checks in Bengaluru

Take it easy... just pull over

In response to the tragic death of a toddler during a traffic check in Mandya district, Karnataka's DG-IGP Dr MA Saleem has issued a fresh set of rules to regulate how traffic police conduct vehicle inspections on roads. These directions are aimed at ensuring public safety, preventing misuse of authority, and making road checks more structured and accountable.

1. No Stopping Without a Visible Violation

What it means: You won't be stopped randomly anymore. **How it helps:** Reduces fear and frustration for law-abiding drivers; ensures checks are fair and based on actual offences. Police officers can no longer randomly stop vehicles. They are instructed to pull over only those vehicles that are visibly violating traffic laws (e.g., not wearing helmets, signal jumping). This move is meant to curb unnecessary harassment and reduce on-road risks.

2. No Sudden Stops or Key Snatching

What it means: Cops cannot jump in front of your vehicle or snatch keys. **How it helps:** Prevents panic, injuries, and tragic mishaps—especially for two-wheeler riders and families. Jumping in front of moving vehicles, snatching keys, or forcibly pulling pillion riders off two-wheelers is now strictly banned. The police are required to act responsibly and avoid confrontational or risky behaviour that could endanger lives.

3. No Zigzag Barricades on Highways

What it means: No confusing barricade setups that force last-minute swerves. **How it helps:** Smoothens traffic flow and lowers the risk of high-speed collisions or pile-ups. Barricades cannot be arranged in a zigzag manner on highways, which often causes confusion and abrupt braking, leading to accidents. Any form of unpredictable roadblocks on high-speed roads has been disallowed.

4. No High-Speed Chases

What it means: Police will not chase violators; they'll trace them using vehicle numbers. **How it helps:** Avoids dangerous pursuits that can harm innocent bystanders or other road users. If a vehicle is found overspeeding or violating rules, police are told not to chase it. Instead, they must use the vehicle's registration number to identify and book the violator later through proper channels.

5. Mandatory Use of Body-Worn Cameras

What it means: Every stop/check will be recorded by police cameras. **How it helps:** Protects both citizens and officers from false accusations, ensuring transparency. During any inspection or enforcement action, traffic police must wear body-worn cameras. This is meant to ensure transparency, reduce altercations, and hold both officers and citizens accountable.

6. Use of Reflective Jackets and LED Batons

What it means: Police must be clearly visible during night checks. **How it helps:** Reduces the risk of accidents due to poor visibility, especially on dimly lit roads. To enhance visibility and prevent accidents, especially during evening or night checks, officers are required to wear reflective jackets and use LED batons at all times.

7. Non-Contact Enforcement via ITMS

What it means: Traffic violations will be recorded using cameras and automated systems. **How it helps:** No need to pull you over physically—fines can be issued digitally, making it faster and less confrontational. The DGP has emphasised using technology like the Intelligent Traffic Management System (ITMS) for registering violations. This contactless system helps minimize human interaction and speeds up the enforcement process.

8. Awareness Campaigns for the Public

What it means: Police will educate drivers, not just penalize them. **How it helps:** Increases understanding of rules, especially among new drivers, and promotes safer roads. Apart from enforcement, traffic police are instructed to conduct awareness drives about traffic rules. Educating the public is now considered a critical part of their job.

9. No Roadblocks by Law & Order Units on Highways

What it means: Only traffic cops can conduct checks on highways, and only with valid reasons. **How it helps:** Reduces unnecessary halts and improves coordination between police departments. 'Naka bandis' or roadblocks by law and order police on highways are now prohibited unless they are coordinated with traffic police and justified by specific intelligence.

10. Clear Safety Measures at Checkpoints

What it means: Every checkpoint must have clear warning signs 100–150 meters ahead. **How it helps:** Gives drivers enough time to slow down and avoid sudden reactions or crashes. All vehicle check points must be set up with advance warning signs—like reflective cones—at least 100–150 meters ahead, especially at night or near junctions. This ensures vehicles have enough time to slow down and react.

Express Link Canal work won't be stopped: DKS

Karnataka Deputy Chief Minister DK Shivakumar on Saturday clarified that the Express Link Canal project would continue despite ongoing protests. He said that 40 per cent of the work had already been completed, and there was no reason to halt the project at this stage.

"Forty per cent of the work of the Express Link Canal project has been completed. In this situation, there is no reason to stop the work," Shivakumar told reporters at Vidhana Soudha while addressing concerns over the Hemavati Link Canal project.

The remarks came amid growing protests from farmers and political leaders opposing the Hemavati Link Canal.

While responding to the agitation, Shivakumar stated, "Those who are there, those who are here, are all our farmers. We will protect the interests of everyone."

The protests gained traction after BJP MLA Suresh Gowda voiced opposition. However, Shivakumar pointed out that key MLAs were already aware of the project.

"MLAs Krishnappa and Suresh Gowda have said that they are aware of this project. They have also spoken about it. However, they are now fighting. I am not saying that this is wrong. All the MLAs are mentally aware of this issue," he said.

When asked about Union Minister V Somanna's letter concerning the project, Shivakumar responded with caution and respect.

"He is a big man, a Union Minister. Let's ask for his guidance as well," he said, indicating that the government was open to suggestions and cooperation from the Centre.

On Saturday, DK Shivakumar alleged that the protest against the Hemavati Link Canal project is a political protest.

He said 40 per cent of the work is already done, and the project will not be stopped as it will help farmers, and also accused BJP leaders of trying to create problems.

Thousands of farmers in Karnataka held a large protest on Saturday near Gubbi town in Tumakuru district, opposing the start of work on the Hemavathi River Link Canal Project.

Speaking to the mediapersons about the protest against the project, DK Shivakumar said, "That is all a political protest. Nothing is there within the water. We have sorted it out. I have discussed it with them. We have a technical report. Everything is over. Already, 40 per cent of the work is over. There is no question of stopping any work. We will continue with it. It will help every farmer in the area... BJP leaders always do that. They are known for creating problems."

He further added that the Karnataka government will not tolerate hate speech or misinformation.

"Karnataka government does not tolerate hate speeches or misinformation. The law will take its course. We have instructed all the DCs to identify in every district and take all the information and file cases immediately. We want to keep the districts in coastal Karnataka very peaceful and business-oriented. We are working out a strategy for the unemployment problem that has been created there," Shivakumar said. **–ANI**

RCB fans across the world gear up for historic night

From auto drivers offering free rides in Bengaluru, to passionate fans hosting screenings in Nepal, RCB faithful are united in hope

As Royal Challengers Bengaluru (RCB) prepare to take the field for the Indian Premier League (IPL) 2025 final on Tuesday, anticipation is reaching a fever pitch. From generous auto drivers offering free rides in Bengaluru, to passionate fans hosting screenings in Nepal, to supporters in Delhi planning celebrations, the RCB faithful are united in hope and belief that this could finally be their year, according to a release from RCB.

Parshuram Shetty, an auto driver in Bengaluru, has been celebrating RCB in a unique way by offering free rides to passengers wearing the RCB jersey. Along with his friend Ajmal Hussain, he has completed numerous rides this season.

"This is definitely our year and so we are very excited. I've been supporting RCB for as long as I can remember - matchdays are a big deal at home. I have three children and even their moods are tied to the team's performance," he said, according to a release from RCB.

"The team is in form, and we're backing them all the way," he added.

From across the border, 25-year-old Samagra Adhikari, who founded the RCB Fan Club Nepal, shares that the group will be represented at the final.

"While I won't be able to travel for the match as we're hosting screenings in Nepal, a few of our members will be there in Ahmedabad, cheering the team on," he said.

"Over 20 of us had travelled for the CSK game in Bengaluru and the atmosphere was incredible. What's beautiful is how other fan clubs, like RCB Fan Army and Namma Team RCB, have helped us grow. We may be in Nepal, but we feel part of something big," he noted.

The RCB Nepal fan club currently boasts a strong following on social media. "The passion for RCB here is real and it's growing every day," he added.

In Delhi, superfan, Abhimanyu Rao marked RCB's league-stage win over Chennai Super Kings earlier in the season by feeding 1,000 people.

"We were originally planning for 500, but it turned into a celebration," he shared. "If we win the final, we're planning to double that number," he added.

Allen Abhishek, who founded the RCB Fan Army back in 2009, will be in Bengaluru for the final.

"While a huge number of us will be in Ahmedabad to cheer the team on, I wanted to stay in Bengaluru because it's going to be special here," he opined. **ANI**

Active conflict zones

CONTINUED FROM PAGE 1

city alone contributing to 1,183 cases, the highest in the state. A few days ago, in Basaveshwara Nagar escalated, a delivery agent allegedly assaulted a customer over a dispute about an incorrectly entered address.

The altercation, which took place around 2 pm outside a house in Judges Colony, was captured on CCTV and had sparked outrage. Police have registered a case against the delivery agent, and Zepto had called the incident "shocking and unacceptable".

Meanwhile in another incident in Kumarswamy Layout police last month, police tracked down and arrested three persons for allegedly assaulting a professor of a private college over trivial row. The three persons working in a private IT firm had been booked for causing grievous hurt.

While many associate hurt cases with street fights or minor brawls, the reality is far more complex and concerning. The data reveals that 5,220 incidents were classified as 'simple hurt', often resulting from sudden quarrels, personal enmities, or domestic issues.

More disturbing are the 387 cases of 'grievous hurt', involving serious bodily harm, and five acid attack cases, crimes that leave permanent scars on the victims, both physically and emotionally.

Bengaluru Rural, though quieter in comparison to the city, has reported 217 such cases, suggesting that no region is immune to interpersonal violence.

"This isn't just about statistics," said a senior police officer. "Behind every case is a story of trauma -- fights between friends over money, domestic violence incidents, road rage gone wrong, and in some cases, even retaliation over petty arguments." While police data might show progress in tracking and filing these cases, the underlying issue remains deeply rooted in society's inability to manage conflict without violence.

Experts suggest that the increasing pressure of urban life ranging from job stress and economic hardship to strained relationships is a key contributor to this trend. "The city is growing faster than its emotional infrastructure," said Lakshmi Shashikumar, a psychologist based in Bengaluru. "People don't know how to process conflict, and unfortunately, violence becomes an outlet. We're surrounded by people on roads, in offices, in cafés yet true connection feels out of reach.

The pressures of urban life, workplace stress, rising costs, exhausting commutes, and strained relationships chip away at our mental resilience. As a result loneliness even if the crowd is there, and bottled-up emotions erupt as road rage or breakdowns."

Tenders pending for two corridors

CONTINUED FROM PAGE 1

of the work completed. Sources indicate that L&T is now considering exiting the project due to persistent delays in land handover, which has not only inflated costs but also impacted the company's reputation. The slow pace and bureaucratic hurdles have made the future of the project uncertain, once again casting a shadow over Bengaluru's suburban rail aspirations.

No tenders yet for 2 corridors

Of the four proposed corridors, the civil works tenders have not been floated for Corridor-1 (KSR Bengaluru to Devanahalli, 41.40 km) and Corridor-3 (Kengeri to Whitefield, 35.52 km). When questioned, officials have consistently stated over the past three months that the focus is currently on completing the so-called "priority corridors"—Corridor-2 (Baiyappanahalli Terminal to Chikkabanavara) and Corridor-4 (Heelalige to Rajanukunte). "We aim to complete these two corridors by 2026 and open them for public use. Tenders for the remaining corridors will be called soon," an official said. However, there has been no visible progress on this front.

This delay in implementation continues to hamper the city's hopes for a reliable suburban rail network, originally envisioned to decongest Bengaluru's overburdened traffic infrastructure.

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I, Monish Ramesh Kumar R/o No.39/A, 2nd main, 3rd stage, Basaveshwara Nagar, Bengaluru 560079 have changed my name to Monish Ramesh Affidavit Dt.31/05/2025 notary Harisha G, B'luru

I, Amjad Pasha Shaikh S/o Shaikh Hyder R/o No.4 Siddegowda Lane Doddamavalli, Bengaluru 560004 have changed my name to Amjad pasha Affidavit Dt.31/05/2025 notary Harisha G, B'luru

I, S.R.Raheman S/o Syed Hafeez Sab R/o #5115, Prestige Willow Tree Vidyaranyapura Post Bangalore-560097 have changed my name to Raheman Syed Riyazur for all purposes.

GALLERIA

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6 ತಿಂಗಳ DIT, DCA, DOA ಇತ್ಯಾದಿ ಕೋರ್ಸುಗಳು. (Qual:SSLC/PUC)
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HEALTH TIP: Put a small amount of coconut oil onto your skin before bed for deep nourishment, and it will keep your skin feeling soft and supple

Put chilled cucumber slices on your eyelids to relax and reduce puffiness

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Not a good mix

Coffee can interfere with your medication – here's what you need to know

For many of us, the day doesn't start until we've had our first cup of coffee. It's comforting, energising, and one of the most widely consumed beverages in the world. But while your morning brew might feel harmless, it can interact with certain medicines in ways that reduce their effectiveness – or increase the risk of side-effects.

From common cold tablets to antidepressants, caffeine's impact on the body goes far beyond a quick energy boost. Tea also contains caffeine but not in the same concentrations as coffee, and doesn't seem to affect people in the same way. Here's what you should know about how coffee can interfere with your medications – and how to stay safe.

1. Cold and flu medicines

Caffeine is a stimulant, which means it speeds up the central nervous system. Pseudoephedrine, a decongestant found in cold and flu remedies such as Sudafed, is also a stimulant. When taken together, the effects can be amplified – potentially leading to jitters or restlessness, headaches, fast heart rate and insomnia.

Many cold medications already contain added caffeine, increasing these risks further. Some studies also suggest that combining caffeine with pseudoephedrine can raise blood sugar and body temperature – particularly important for people with diabetes.

Stimulant effects are also a concern when combining caffeine with ADHD medications such as amphetamines, or with asthma drugs such as theophylline, which shares a similar chemical structure to caffeine. Using them together may increase the risk of side-effects such as a rapid heartbeat and sleep disruption.

2. Thyroid medication

Levothyroxine, the standard treatment for an underactive thyroid, is highly sensitive to timing – and your morning coffee can get in the way. Studies show that drinking coffee too soon after taking levothyroxine can reduce its absorption by up to 50%.

> **Your morning brew can interact with certain medicines in ways that reduce their effectiveness – or increase risk of their side-effects**

Caffeine speeds up gut motility (the movement of food and waste through the digestive tract), giving the drug less time to be absorbed – and may also bind to it in the stomach, making it harder for the body to take in. These effects reduce the drug's bioavailability, meaning less of it reaches your bloodstream where it's needed. This interaction is more common with tablet forms of levothyroxine, and less likely with liquid formulations.

If absorption is impaired, symptoms of hypothyroidism – including fatigue, weight gain and constipation – can return, even if you're taking your medicine correctly.

The same timing rule applies to a class of osteoporosis medications called bisphosphonates, including alendronate and risedronate, which also require an empty stomach and around 30-60 minutes before food or drink is taken.

3. Antidepressants and antipsychotics

The interaction between caffeine and mental health medications can be more complex.

Selective serotonin reuptake inhibitors (SSRIs), such as sertraline and citalopram, are a type of antidepressant medication widely used to treat depression, anxiety and other psychiatric conditions. Lab studies suggest caffeine can bind to these drugs in the stomach, reducing absorption and potentially making them less effective.

Tricyclic antidepressants (TCAs), such as amitriptyline and imipramine, are a class of older antidepressants that work by affecting the levels of neurotransmitters in the brain. They were among the first antidepressants developed and are less commonly used today, compared with newer antidepressants such as SSRIs, due to their potential for more side-effects and higher risk of overdose.

TCAs are broken down by the liver enzyme CYP1A2, which also metabolises caffeine. The competition between the two can slow drug breakdown, increasing side-effects, or delay caffeine clearance, making you feel jittery or wired longer than usual.

Clozapine, an antipsychotic, is also processed by CYP1A2. One study showed that drinking two-to-three cups of coffee could increase blood levels of clozapine by up to 97%, potentially increasing risks such as drowsiness, confusion, or more serious complications.

4. Painkillers

Some over-the-counter painkillers, such as those containing aspirin or paracetamol, include added caffeine. Coffee can speed up how quickly these drugs are absorbed by accelerating how fast the stomach empties and making the stomach more acidic, which improves absorption for some medications such as aspirin.

While this may help painkillers work faster, it could also raise the risk of side-effects like stomach irritation or bleeding, especially when combined with other sources of caffeine. Though no serious cases have been reported, caution is still advised.

5. Heart medications

Caffeine can temporarily raise blood pressure and heart rate, typically lasting three-to-four hours after consumption. For people taking blood pressure medication or drugs that control irregular heart rhythms (arrhythmias), this may counteract the intended effects of the medication.

This doesn't mean people with heart conditions must avoid coffee altogether – but they should monitor how it affects their symptoms, and consider limiting intake or switching to decaf if needed.

What can you do?

Coffee may be part of your daily routine, but it's also a potent chemical compound that can influence how your body processes medicine. Here's how to make sure it doesn't interfere.

Take levothyroxine or bisphosphonates on an empty stomach with water, and wait 30-60 minutes before drinking coffee or eating breakfast.

Be cautious with cold and flu remedies, asthma treatments and ADHD medications, as caffeine can amplify side-effects.

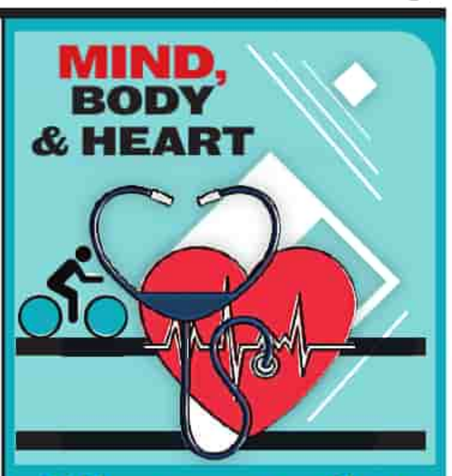
If you're on antidepressants, antipsychotics, or blood pressure drugs, discuss your caffeine habits with your doctor.

Consider reducing intake or choosing a decaffeinated option if you experience side-effects like restlessness, insomnia or heart palpitations.

Everyone metabolises caffeine differently – some people feel fine after three cups, while others get side-effects after just one. Pay attention to how your body responds and talk to your pharmacist or GP if anything feels off.

If you're ever unsure whether your medicine and your coffee are a good match, ask your pharmacist or doctor. A short conversation might save you weeks of side-effects or reduced treatment effectiveness – and help you enjoy your brew with peace of mind.

(By Dipa Kamdar, Kingston University, The Conversation)



All you need to know about...

Mediterranean diet for IBS

Symptom relief

A team of US researchers has found that the Mediterranean diet may provide symptom relief for people with irritable bowel syndrome (IBS).

Irritable bowel syndrome affects an estimated 4-11 per cent of all people, and a majority of patients prefer dietary interventions to medication.

Different diets

In the new study published in the journal Neurogastroenterology & Motility, participants were randomised into two groups, one following the Mediterranean diet and the other following the low FODMAP diet, a common restrictive diet for IBS.

In the Mediterranean diet group, 73 per cent of the patients met the primary endpoint for symptom improvement, versus 81.8 per cent in the low FODMAP group.

"Restrictive diets, such as low FODMAP, can be difficult for patients to adopt," said Prashant Singh, Michigan Medicine gastroenterologist and lead author on the paper.

"In addition to the issue of being costly and time-consuming, there are concerns about nutrient deficiencies and disordered eating when trying a low FODMAP diet. The Mediterranean diet interested us as an alternative that is not an elimination diet and overcomes several of these limitations related to a low FODMAP diet," he added.

Benefits of Mediterranean diet

The Mediterranean diet is already popular among physicians for its benefits to cardiovascular, cognitive, and general health. Previous research on the effect of the Mediterranean diet on IBS, however, had yielded conflicting results.

While the Mediterranean diet did provide symptom relief, the low FODMAP group experienced a greater improvement. **–IANS**

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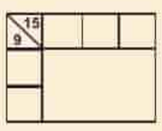
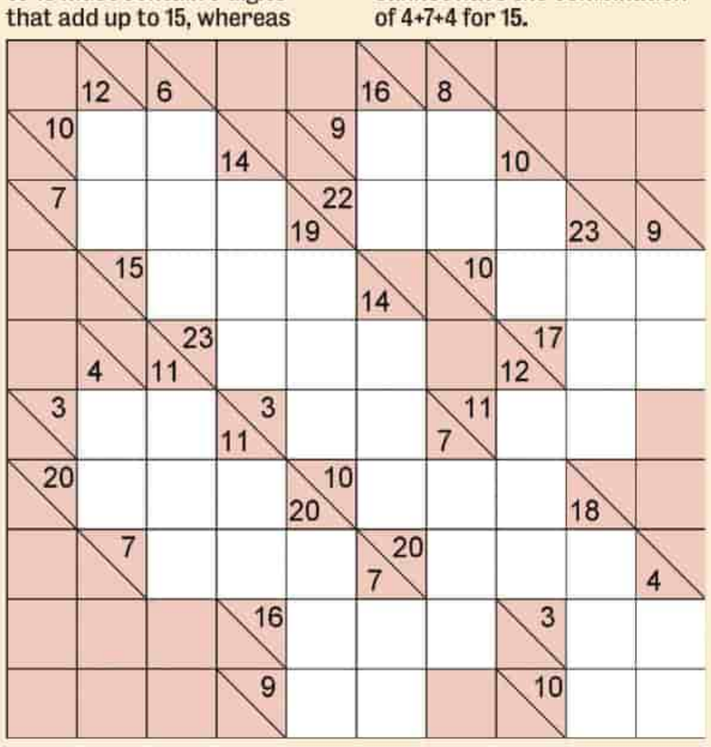
Kakuro

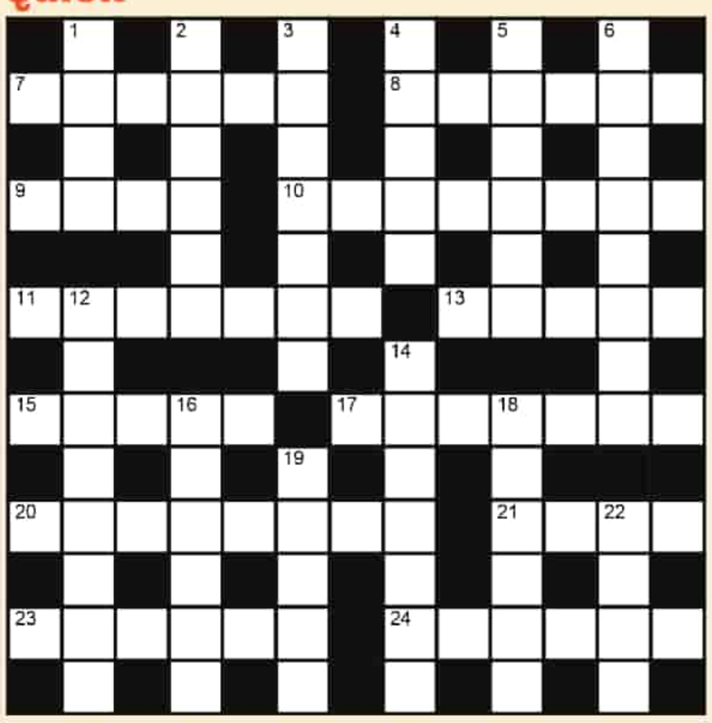
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 ___ to : submitting or yielding to another's wish or opinion? (6)
8 Acid test (6)
9 Egyptian Christian (4)
10 Undecided (2,3,3)
11 Egg producing organs (7)
13 Foolish behaviour (5)
15 Quick and active (5)
17 Bungled or blundered (7)
20 Spanish ranch (8)
21 Mischievous sprite (4)
23 Ranges or extents (6)
24 Queasiness (6)

DOWN

1 Perry ____ : famous singer? (4)
2 Healthier (6)
3 Burns, sets ablaze (7)
4 Conspires (5)
5 Scattered about (6)
6 Inflicting or intended to inflict punishment (8)
12 Greenery (8)
14 Bangalore based tennis player who represented India at the 2016 Olympics (7)
16 Provides or uses less than is needed? (6)
18 Withdraw, give up or escape? (3,3)
19 Acute anxiety (5)
22 Kitchen boss (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: D EQUALS Y

YOH PSCH AXWA DSN ZSW-GHAA, YOH PSCH JSSTA DSN BXMM AHMM.

Linemaro

Hello. Cupid called. He says to tell you that he needs my heart back

Mindchow

When a man becomes wrapped up in himself, he makes a pretty small package

Joke of the day

An expert is someone called in at the last minute to share the blame

Loop

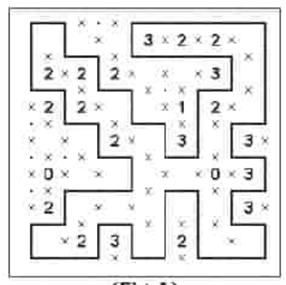
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

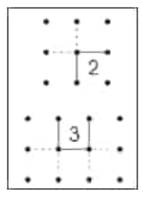
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

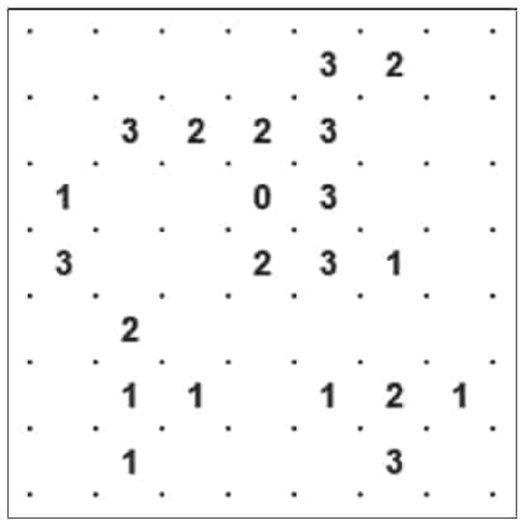
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



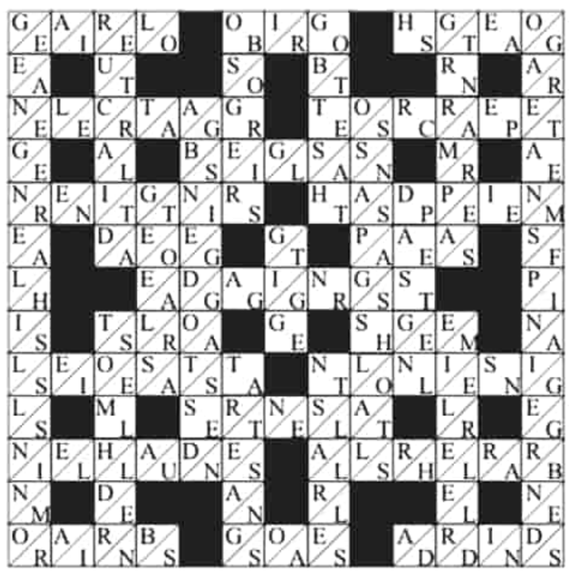
(Fig A)



(Fig B) Not Allowed



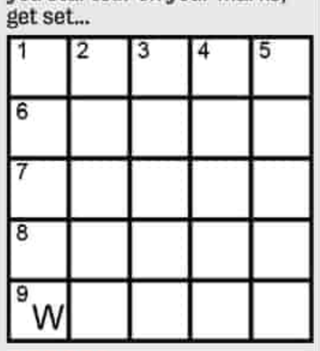
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

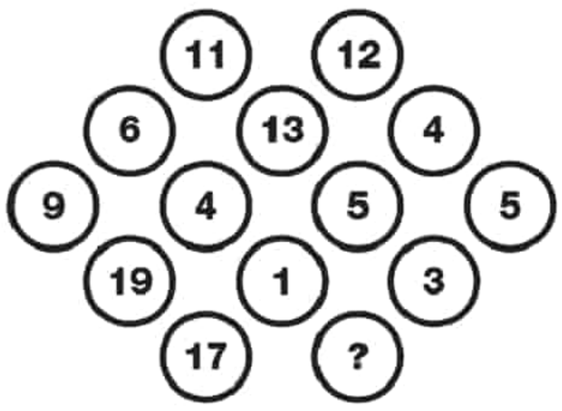
1 Alert; 6 Pye Ox; 7 Rises; 8 A is as; 9 Whist

DOWN

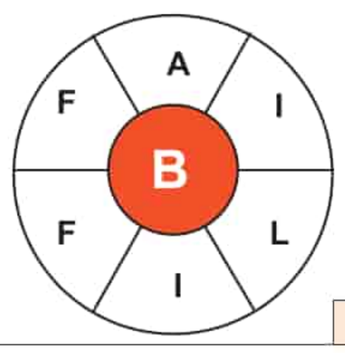
1 Wears; 2 Aphis; 3 Riots; 4 Tee ax; 5 Sly is

Mensapuzzle

Which number completes this puzzle?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

02 Average; 03 Good; 04 Outstanding

SudokuChallenge

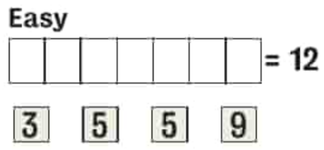
				5				
	2	6	3		4	8	1	
	5	8				9	7	
	7		1		6		8	
		3				7		
	8		2		5		3	
	6	5				3	2	
	9	7	8		3	4	5	
				2				

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

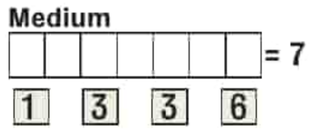
Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

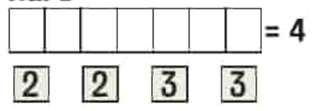
Easy



Medium



Hard



Hocusfocus

Find at least six differences in details between panels.

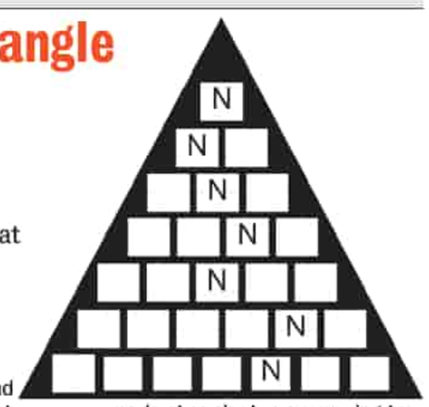
Differences: 1. Glasses are added under counter. 2. Tile is different. 3. Curtain is not as wide. 4. Finger is moved. 5. Mouth is different. 6. Man's shirt collar is different.

Riddler

What appears four times in every week, twice in every month and once in a year?

Alpha triangle

1 One of the poles
2 Neon symbol
3 Tight or dead
4 Eat well
5 Penalised
6 Characterise
7 Eastern aristocrat

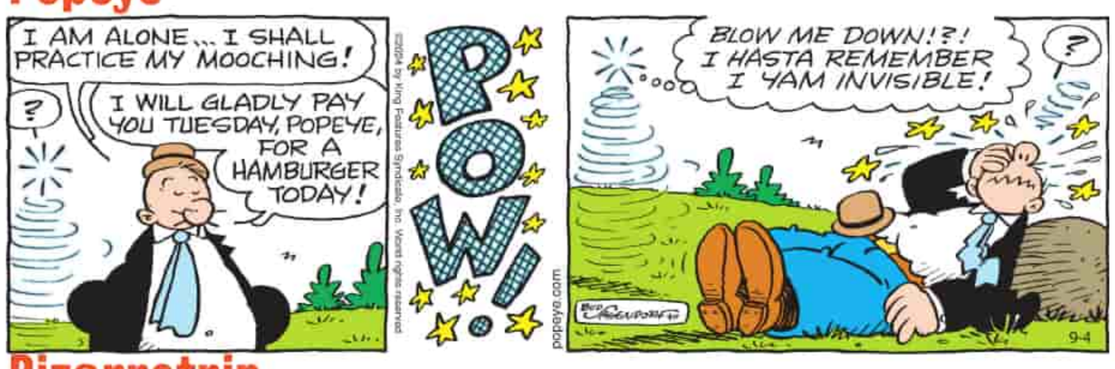


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Popeye


I AM ALONE... I SHALL PRACTICE MY MOOCHING!
I WILL GLADLY PAY YOU TUESDAY, POPEYE, FOR A HAMBURGER TODAY!
POW!
BLOW ME DOWN!?! I HASTA REMEMBER I YAM INVISIBLE!
popeye.com

Bizarrotrip

Diamond Lil

Hart of the city

Crankshaft

IT LOOKS LIKE THE BUS DRIVER SHORTAGE JUST MIGHT BE GETTING WORSE!
RUMOR HAS IT THAT A NUMBER OF DRIVERS MIGHT BE CONTEMPLATING RETIRING.
I WOULDN'T SWEAT IT...
I'VE BEEN CONTEMPLATING RETIREMENT FOR THE PAST THREE DECADES!

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you may be occupied with matters related to your children, possibly taking short trips for their academics. You're likely to handle challenging tasks with ease. Spending on household items or décor may enhance your lifestyle. You might also treat friends and family. Singles could meet a potential partner, and couples may enjoy happy moments together.

Taurus Apr 21 – May 20
You may feel a bit low or surrounded by negativity today. This might affect your mood and communication. Be mindful of your words, as harsh speech could create friction. You may resist advice from well-wishers, but things should begin to improve by the evening.

Gemini May 21 – Jun 21
The Moon's blessings are with you today. Your self-respect will shield you from negative influences. You might feel emotionally sensitive, especially regarding family matters. At work, you're likely to stay on task and meet deadlines, boosting your confidence. Your inner strength may guide you in making important business decisions.

Cancer Jun 22 – July 23
With lunar blessings today, you may control unnecessary expenses. A meeting with an advisor could help you channel your savings into fruitful investments, improving your finances. You may also find yourself more polite and considerate, earning you greater respect in your circle.

Leo Jul 24 – Aug 23
A positive Moon fills you with confidence. You're likely to enjoy your work and make swift progress on current projects. You may feel physically well and emotionally fulfilled. Your wishes may come true, and people around you might seek your advice, increasing your social prestige.

Virgo Aug 24 – Sep 23
The Moon's influence might bring some challenges today. You could feel tired or face minor health issues that disrupt your routine. Someone close might disappoint you, so stay alert. Confusion may cloud your judgment; it's best to avoid major financial decisions and act with patience.

Libra Sep 24 – Oct 22
The positive energy from the Moon today may guide you to make sound investment decisions. Past investments could begin yielding profits. You might start working on a new project with promising long-term benefits. Expanding your network could also enhance your social standing.

Scorpio Oct 23 – Nov 22
Today, you'll likely be fully focused on your work. Your clarity of purpose may help you complete tasks ahead of schedule and with precision. Time spent with family will be joyful. Singles may meet someone special. Renovation plans for your home or office might also take shape, improving your image.

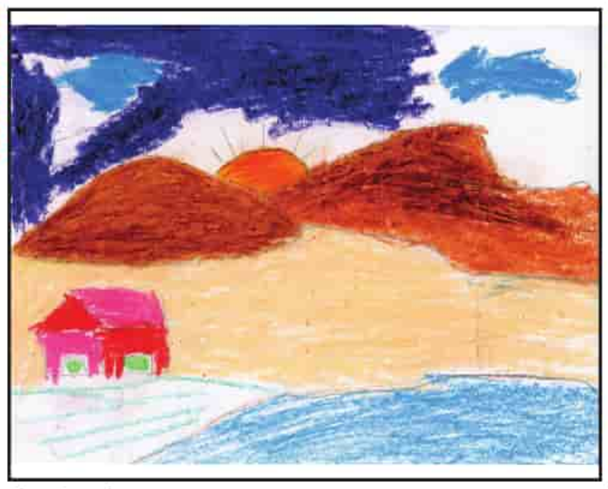
Sagittarius Nov 23 – Dec 22
With the Moon's blessings and elders' support, you may finally overcome last week's turbulence. Destiny seems to be in your favour, and you might see noticeable progress in life. Your spiritual insight may guide you in making the right decisions. Financial conditions are likely to improve.

Capricorn Dec 23 – Jan 20
Negative thoughts may cloud your judgment today. Impatience and arrogance could hinder your ability to make tough decisions. You may need guidance or blessings from elders to move forward at work. Avoid investments in stagnant or non-profitable assets. Couples should steer clear of discussing past issues.

Aquarius Jan 21 – Feb 19
You are blessed by the Moon today, bringing good news in your professional life. Domestic life will be joyful and harmonious. Avoid arguments over trivial family matters. It's a good day for making investment decisions in property or assets. Students are likely to stay focused and perform well in their studies.

Pisces Feb 20 – Mar 20
Today favours your professional life—you may perform exceptionally at work. Seniors could entrust you with added responsibilities, possibly leading to promotions. Legal matters may tilt in your favor. Your child's health may improve. You might consult an investment expert regarding your child's future. You'll also be able to manage hidden enemies effectively.

KIDZONE



Diya, Bengaluru

Mugdha, Bengaluru

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
(3/4³ x 3/2 + 3/2³ x 3/2) / (3/5³ x 3/2)
(4 x 3/2 + 2 x 3/2) / (5 x 3/2)
(6 x 3/2) / (5 x 3/2))
6/5

STRIKE OUT

G	A	E	L		B	I	O		S	T	A	G		
E		U		O		B		R		R				
N	E	C	T	A	R		E	S	C	A	P	E		
E		L		B	E	G	A	N		M		E		
R	E	I	G	N	S		H	A	P	P	E	N		
A		D	E	E		G		P	A	S		F		
L		T	R	A	G	A	I	N	S	T		I		
I	L	L	U	D	E		A	S	H	L	A	R		
S		L		E	R	N	S	T		L		E		
S	I	E	S	T	A		T	O	N	I	N	G		
I		T	R	A		G		H	E	M		N		
A		D	E		G		P	A	S		F			
R	E	I	G	N	S		H	A	P	P	E	N		
E		L		B	E	G	A	N		M		E		
N	E	C	T	A	R		E	S	C	A	P	E		
E		U		O		B		R		R				
O	A	R	S		S	O	S		A	R	I	D		

FAST FIVE

R	A	T	E	L
E	P	O	X	Y
S	I	R	E	S
A	S	S	A	I
W	H	I	T	S

BULL'S EYE
alibi, bail, BAILIFF, flab

QUICK

MENSA PUZZLE
6. Work through the diagram in horizontal rows. The sum of the numbers in each row is always 23.

RIDDLER The letter E

QUOTE UNCODE
The more sins you confess, the more books you will sell.

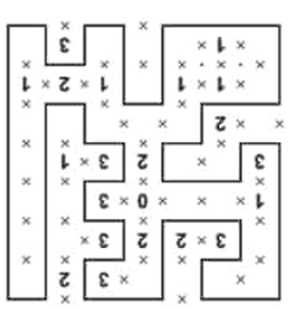
SUDOKU

3	4	1	5	2	7	6	9	8
2	9	7	8	6	3	4	5	1
8	6	5	9	4	1	3	2	7
6	8	4	2	7	5	1	3	9
5	1	3	4	8	9	7	6	2
9	7	2	1	3	6	5	8	4
4	5	8	6	1	2	9	7	3
7	2	6	3	9	4	8	1	5
1	3	9	7	5	8	2	4	6

ALPHA TRIANGLE
N, Ne, End, Dine, Fined, Define, Effendi.

GO FIGURE
Easy
3 - 5 + 5 + 9 = 12
Medium
3 x 6 / 3 + 1 = 7
Hard
2 x 3 / 3 + 2 = 4

LOOP



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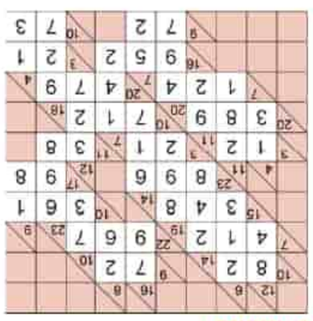

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Finally...
'Stranger Things' season 5 confirmed for 3-part release, to premiere in November

IN A DOUBLE ROLE

Did you know these celebs own their own production houses?

Alia Bhatt – Eternal Sunshine Productions

Alia recently launched her own production house and debuted as a producer with Darlings on Netflix, co-starring Shefali Shah. The film received critical acclaim, and she plans to back more female-led stories.

Priyanka Chopra Jonas – Purple Pebble Pictures

PeeCee's production house focuses on regional cinema and content that breaks barriers. Her Marathi production Ventilator was a massive hit and won a National Award. She also aims to promote Indian storytelling on global platforms.

Akshay Kumar – Cape of Good Films

This banner has been associated with hits like Baby, Toilet: Ek Prem Katha, and Mission Mangal. Akshay uses it to push meaningful, often patriotic content that resonates with a wide audience.

Anushka Sharma – Clean Slate Filmz

Co-founded with her brother Karnesh Sharma (before she exited in 2022), Anushka's banner produced critically acclaimed content like NH10, Pari, Paatal Lok, and Bulbbul. It was praised for supporting edgy, offbeat stories and first-time filmmakers.

Shah Rukh Khan – Red Chillies Entertainment

SRK's Red Chillies is one of the most successful production houses in India. From blockbusters like Chennai Express and Om Shanti Om to Netflix originals like Betaal, the company also manages VFX, distribution, and sports (co-owns Kolkata Knight Riders in IPL).

Aamir Khan – Aamir Khan Productions

Known for backing content-driven cinema, Aamir's production house has delivered gems like Lagaan (which earned an Oscar nomination), Taare Zameen Par, Dangal, and Peepli Live. He's known for quality over quantity.

Ajay Devgn – Ajay Devgn FFilms

Ajay's production house has been behind films like Shivaay, Tanhaji, and Runway 34. He actively stars in and directs several of his productions, often combining commercial appeal with strong narratives.

Deepika Padukone – KA Productions

Deepika made her production debut with Chhapaak, based on the real-life story of acid attack survivor Laxmi Agarwal. KA Productions focuses on socially relevant, women-centric cinema.

–ETimes

On tricky territory

Hollywood actress Gillian Anderson has shared that intimate scenes are a tricky territory to walk through during the process of acting. For her, such scenes are "never a joy".

The 56-year-old actress shares an intimate scene in a tent with co-star Jason Isaacs in her new movie 'The Salt Path', reports 'Female First UK'.

The film is based on the true story of couple Raynor and Moth Winn who embark on an epic walk in the UK after a bad health diagnosis and homelessness.

As per 'Female First UK', the actress said that such things are part and parcel of acting. As she said, "That is something you just expect as an actor".

The actress told 'The Sun', "That's part of what one does. I had an experience for many, many years working with the same actor every day. I've also done sex scenes on the very first day of working, which is never a joy at any time during filming. "So you're thrown stuff all the time and just show whatever you're given".

'The X-Files' star added that it was straightforward to film the raunchy scenes with her "amenable" co-star Isaacs.

She said, "Jason makes it very easy. He's very amenable, he's very likeable. And certainly physically, we feel like we're the same language, certainly by the end. We feel like our journey is baked into us, and we feel like we're part of the same conversation".

Gillian explained that she became desperate to play Raynor after reading her book of the same name and being "profoundly affected" by the story.

–IANS

SANDALWOOD SHOTS

Y MAHESWARA REDDY

Long-cherished dream

Satyajeet Shabbir is excited about realising his long-cherished dream of directing a Kannada movie. Shabbir is basically from Karnataka but settled in Chennai and has acted in more than 75 movies in Tamil, Malayalam, Telugu, and Hindi. Now, he is ready with his directorial Bullet that is scheduled to arrive in theaters on June 20.

The teaser and audio of the movie were unveiled by Bahujana Dalit Sangharsh Samiti president RMS Ramesh and veteran actress Nikitha Swamy.

Thanking the guests, Shabbir said he debuted as an actor with Tamil movie 16 Vayathinile directed by Bharathiraja. "I am basically from Karnataka but spent most of the time either in Chennai or Mumbai. My ambition was to direct a movie in Sandalwood. Now, I am very happy to direct this movie in which Dharma Keerthiraj and Shreya Shukla are the lead pair. The movie has turned out well. It is a suspense thriller. I thank all the cast and crew," said Shabbir.

Thanking the director, Keerthiraj said Bullet will be his third movie released this year. "I am happy to play the lead in the movie. I want moviegoers to watch it at theatres," said Keerthiraj. Bhavya played the hero's mother in the movie. Bullet is cinematographer PVR Swamy's 50th film.

Maadeva on June 6

The much-awaited big-budget movie Maadeva is scheduled for release on June 6. Vinod Prabhakar and Sonal Monteiro are the lead pair while Naveen Reddy B is the director. R Keshava (Devasandra) has bankrolled the movie. According to director Reddy, Maadeva is a period movie set in the 1980s. "Vinod Prabhakar plays a hangman. Srinagar Kitty plays the villain while veteran actress Malashree makes a special appearance. We will release the movie on June 6," the director said.

Vinod Prabhakar said director Reddy narrated the script during the lockdown. "I agreed to act in the movie because of the script. No Kannada movie has been made about a hangman till date. Sonal Monteiro said she plays Parvathi. "It is my second movie with Vinod Prabhakar after Roberrt," Monteiro said.